

COFOUNDER *of* CHARACTERSTRONG  
HOUSTON KRAFT

# KIND

A JOURNAL

30 DAYS / 10 MINUTES A DAY  
A DAILY PRACTICE IN KINDNESS



30 Days

10 MINUTES

WRITE OUT  
ONE THING YOU LOVE  
ABOUT YOUR PAST SELF,

ONE THING YOU LOVE  
ABOUT YOUR PRESENT SELF,

and

ONE THING YOU LOVE  
ABOUT YOUR FUTURE SELF.

PUT IT SOMEWHERE  
YOU'LL SEE DAILY.

Day 1



KIND  
A JOURNAL

30 DAYS | DAY 1

"DON'T ASK YOURSELF WHAT THE WORLD NEEDS, ASK YOURSELF  
WHAT MAKES YOU COME ALIVE. AND THEN GO AND DO THAT. BECAUSE  
WHAT THE WORLD NEEDS IS PEOPLE WHO HAVE COME ALIVE."

-HOWARD WASHINGTON THURMAN

1 PERSON | YOURSELF

Why Do You Deserve Kindness Today?:

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10 MINUTES | PUT KINDNESS INTO ACTION

Write out one thing you love about your Past Self, one thing you love  
about your Present Self, and one thing you love about your Future Self.  
Put it somewhere you will see daily.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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CharacterStrong

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@careacter

#DeepKindness

30 Days

10 MINUTES

GO FOR A WALK  
— and —  
IDENTIFY 5 THINGS  
YOU ARE GRATEFUL FOR  
— that exist within —  
A 10 MINUTE WALK  
OF WHERE YOU LIVE.

Day 2



KIND  
A JOURNAL

30 DAYS | DAY 2

"YOU'VE BEEN CRITICISING YOURSELF FOR YEARS AND IT HASN'T WORKED. TRY APPROVING OF YOURSELF AND SEE WHAT HAPPENS."

-LOUISE L. HAY

1 PERSON | YOURSELF

Why Do You Deserve Kindness Today?:

10 MINUTES | PUT KINDNESS INTO ACTION

Go for a walk and identify 5 things you are grateful for that exist within a 10 minute walk of where you live.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness

30 Days

10 MINUTES

## CHALLENGE 3 FRIENDS TO SEND YOU A PICTURE

OF WHAT THEY BELIEVE

WILL MOST MAKE YOU SAY  
*"Awwwww."*

Day 3



KIND  
A JOURNAL

30 DAYS | DAY 3

"WHEN YOU SAY 'YES' TO OTHERS MAKE SURE YOU  
ARE NOT SAYING 'NO' TO YOURSELF."

-PAULO COELHO

1 PERSON | YOURSELF

Why Do You Deserve Kindness Today?:

10 MINUTES | PUT KINDNESS INTO ACTION

Challenge 3 friends to send you a picture of what they believe will most make you say, "Awwwww."



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness

30 Days

10 MINUTES

SEND A FAMILY MEMBER A  
*— picture of your smiling face —*  
AND TELL THEM ONE REASON  
THEY MAKE YOU **HAPPY**.

Day 4



**KIND**  
A JOURNAL

30 DAYS | DAY 4

"OTHER THINGS MAY CHANGE US, BUT WE START  
AND END WITH THE FAMILY."

-ANTHONY BRANDT

1 PERSON | FAMILY MEMBER

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Send a family member a picture of your face smiling and tell them one reason they make you happy.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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CharacterStrong

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#DeepKindness

30 Days

10 MINUTES

WRITE A SHORT, **LOVING** NOTE  
TO ONE FAMILY MEMBER

AND **HIDE IT** IN A PLACE  
THAT MIGHT BE HARD FOR  
THEM TO DISCOVER.

TEXT THEM THROUGHOUT THE DAY  
WITH MYSTERIOUS HINTS.

Day 5



30 DAYS | DAY 5

"YOU LEAVE HOME TO SEEK YOUR FORTUNE AND, WHEN YOU  
GET IT, YOU GO HOME AND SHARE IT WITH YOUR FAMILY."

-ANITA BAKER

1 PERSON | FAMILY MEMBER

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Write a short, loving note to one family member and hide it in a place that might be hard for them to discover. Text them throughout the day with mysterious hints.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

MAKE A FORMAL INVITATION  
TO HANG OUT WITH  
A PARENT OR GUARDIAN.  
PUT TOGETHER A FANCY  
*save the date card*  
MARK IT IN YOUR CALENDAR.

COMMIT TO DOING SOMETHING  
YOU KNOW THEY'LL LOVE.

Day 6



KIND  
A JOURNAL

30 DAYS | DAY 6

"CALL IT A CLAN, CALL IT A NETWORK, CALL IT A TRIBE, CALL IT A FAMILY: WHATEVER YOU CALL IT, WHOEVER YOU ARE, YOU NEED ONE."

-JANE HOWARD

1 PERSON | FAMILY MEMBER

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Make a formal invitation to hang out with a parent or guardian. Put together a fancy save the date card. Mark it in your calendar. Commit to doing something you know they will love.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness

30 Days

10 MINUTES

GO BACK THROUGH  
OLD PHOTOS AND  
FIND A PICTURE  
OF THE TWO OF YOU.

— send it to them —

AND TELL THEM WHY  
IT'S A POSITIVE  
MEMORY FOR YOU.

Day 7



30 DAYS | DAY 7

"OUR TASK IS NOT TO SEEK FOR LOVE, BUT MERELY TO SEEK AND FIND ALL  
THE BARRIERS WITHIN YOURSELF THAT YOU HAVE BUILT AGAINST IT."

-RUMI

1 PERSON | EXTENDED FAMILY

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Go back through old photos and find a picture of the two of you. Send it to them and tell them why it's a positive memory for you.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

FIND A PRESENT THAT  
THIS PERSON GAVE YOU  
ON A HOLIDAY OR BIRTHDAY.

VIDEO CALL THEM

AND TELL THEM HOW MUCH  
YOU APPRECIATE IT.

Day 8



KIND  
A JOURNAL

30 DAYS | DAY 8

"PEOPLE ARE LIKE STAINED-GLASS WINDOWS. THEY SPARKLE AND SHINE WHEN THE SUN IS OUT, BUT WHEN THE DARKNESS SETS IN, THEIR TRUE BEAUTY IS REVEALED ONLY IF THERE IS A LIGHT FROM WITHIN."

-ELISABETH KUBLER-ROSS

1 PERSON | EXTENDED FAMILY

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Find a present that this person gave you on a holiday or birthday. Video call them and tell them how much you appreciate it still!



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness

30 Days

10 MINUTES

**CELEBRATE THIS PERSON'S**

**$\frac{1}{4}$  or  $\frac{1}{2}$  or  $\frac{1}{16}$ TH BIRTHDAY FOR FUN.**

**SEND THEM A BIG HAPPY  
BIRTHDAY NOTE OR TEXT AND  
PLAN TO MAKE CUPCAKES**

**OR CHEESECAKES OR SOME KIND OF  
CAKES WITH THEM OR FOR THEM.**

Day 9



**KIND**  
A JOURNAL

30 DAYS | DAY 9

"THE MOST BEAUTIFUL DISCOVERY TRUE FRIENDS MAKE IS THAT  
THEY CAN GROW SEPARATELY WITHOUT GROWING APART."

-ELISABETH FOLEY

1 PERSON | BEST FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Celebrate this person's Quarter or Half or 1/16th birthday for fun. Send them a big happy birthday note or text and plan to make cupcakes or cheesecakes or some kind of cakes with them or for them.



**DID YOU DO IT?** ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

**WRITE TWO HAIKUS**  
*(5 syllables, 7 syllables, 5 syllables)*  
**ONE WILL JUST BE  
ABOUT THIS PERSON.**

**ONE WILL BE ABOUT  
YOUR FRIENDSHIP.**

**TEXT YOUR MASTERPIECES  
TO THEM OR WRITE  
THEM OUT AND GIVE THEM  
TO YOUR BEST FRIEND.**

Day 10



**KIND**  
A JOURNAL

30 DAYS | DAY 10

"THE GREATEST MOMENTS IN LIFE ARE NOT CONCERNED  
WITH SELFISH ACHIEVEMENTS BUT RATHER WITH THE THINGS  
WE DO FOR THE PEOPLE WE LOVE AND ESTEEM."

-WALT DISNEY

1 PERSON | BEST FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Write two haikus (5 syllables, 7 syllables, 5 syllables). One will just be about this person. One will be about your friendship. Text your masterpieces to them or write them out and give them to your best friend.



**DID YOU DO IT?** ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

# CREATE A PLAYLIST WITH THE TOP 5 SONGS THAT

REMIND YOU OF YOUR FRIENDSHIP

# AND COMMIT TO HANGING OUT WITH YOUR BEST FRIEND

— *in person or online* —

# LISTENING TO EACH TRACK, AND REMINISCING ON GOOD TIMES.

Day 11



**KIND**  
A JOURNAL

30 DAYS | DAY 11

"LIFE IS PARTLY WHAT WE MAKE IT, AND PARTLY WHAT  
IT IS MADE BY THE FRIENDS WE CHOOSE."

-TENNESSEE WILLIAMS

1 PERSON | BEST FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Create a playlist with the top 5 songs that remind you of your friendship and commit to hanging out with your best friend (in person or online), listening to each track, and reminiscing on good times.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

CREATE A

5 ITEM BUCKET LIST

OF THINGS THAT YOU WANT  
TO DO WITH THIS PERSON  
AND THEN ASK THEM TO  
WRITE ANOTHER 5.  
YOU WILL THEN HAVE A  
*Top 10 Friendship Bucket List*  
TO ACCOMPLISH TOGETHER.

HANG IT SOMEWHERE IMPORTANT  
OR MAKE A SHARED  
NOTE ON YOUR PHONE.

Day 12



KIND  
A JOURNAL

30 DAYS | DAY 12

"FRIENDSHIP IS BORN AT THAT MOMENT WHEN ONE PERSON SAYS TO  
ANOTHER, 'WHAT! YOU TOO? I THOUGHT I WAS THE ONLY ONE.'"

-C.S. LEWIS

1 PERSON | FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Create a 5 item bucket list of things that you want to do with this person and then ask them to write another 5. You will then have a Top 10 Friendship Bucket List to accomplish together. Hang it somewhere important or make a shared note on your phone.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

SEND A VOICE MESSAGE  
TO THIS PERSON THAT  
*— lasts at least 2 minutes —*  
AND TRIES TO CAPTURE  
AS MANY **GOOD THINGS**  
AS POSSIBLE IN A SHORT  
PERIOD OF TIME.

Day 13



30 DAYS | DAY 13

"DON'T MAKE FRIENDS WHO ARE COMFORTABLE TO BE WITH.  
MAKE FRIENDS WHO WILL FORCE YOU TO LEVEL YOURSELF UP."

-THOMAS J. WATSON

1 PERSON | FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Send a voice message to this person that lasts at least 2 minutes and tries to capture as many good things as possible in a short period of time.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

CALL THEIR FAMILY  
AND GIVE THEM A  
SECOND-HAND COMPLIMENT.  
THANK THEM FOR BEING  
GREAT PARENTS OR SIBLINGS  
OR GUARDIANS AND SHOW  
APPRECIATION FOR HOW THEY  
HELPED RAISE SUCH A  
*wonderful human being.*

Day 14



KIND  
A JOURNAL

30 DAYS | DAY 14

"YOU CAN MAKE MORE FRIENDS IN TWO MONTHS BY BECOMING  
INTERESTED IN OTHER PEOPLE THAN YOU CAN IN TWO YEARS BY  
TRYING TO GET OTHER PEOPLE INTERESTED IN YOU."

-DALE CARNEGIE

1 PERSON | FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Call their family and give them a second-hand compliment. Thank them for being great parents or siblings or guardians and show appreciation for how they helped raise such a wonderful human being.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

## SEND THIS FRIEND A MESSAGE WITH AN ODD COMPARISON LIKE

*"You remind me of  
Michelle Obama because..."*

OR

*"Have I ever told you that  
your essence is just like  
Abraham Lincoln's because..."*

Day 15



KIND  
A JOURNAL

30 DAYS | DAY 15

"IF YOU GO LOOKING FOR A FRIEND, YOU'RE GOING TO FIND THEY'RE VERY  
SCARCE. IF YOU GO OUT TO BE A FRIEND, YOU'LL FIND THEM EVERYWHERE."

-ZIG ZIGLAR

1 PERSON | FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Send this friend a message with an odd comparison like, "You remind me of Michelle Obama because..." or, "Have I ever told you that your essence is just like Abraham Lincoln's because..."



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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10 MINUTES

GO THROUGH ANY OLD BOOKS  
AND FIND **ONE** THAT YOU THINK  
THIS PERSON WOULD LIKE.

*write a little note*

ON THE INSIDE COVER ABOUT  
WHY YOU'RE PASSING IT ON.  
IF YOU DON'T HAVE ONE ON HAND,

*find an excerpt or a poem*

YOU CAN PRINT OR SHARE AND

WRITE A NOTE ABOUT WHY IT MADE  
YOU THINK OF THIS FRIEND.

Day 16



30 DAYS | DAY 16

"THEY MAY FORGET WHAT YOU SAID - BUT THEY WILL  
NEVER FORGET HOW YOU MADE THEM FEEL."

-MAYA ANGELOU

1 PERSON | FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Go through any old books and find one that you think this person would like. Write a little note on the inside cover about why you're passing it on. If you don't have one on hand, find an excerpt or a poem you can print or share and write a note about why it made you think of this friend.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

30 Days

10 MINUTES

## SEND THIS PERSON A TEXT OR A CALL THAT SOUNDS SOMETHING LIKE THIS:

**"THERE IS SO MUCH NEGATIVITY  
IN THE WORLD, BUT YOU HAVE  
ALWAYS BEEN \_\_\_\_\_."**

**I ADMIRE YOU SO MUCH FOR YOUR  
\_\_\_\_\_ AND AM CONSTANTLY  
INSPIRED WHEN I THINK OF YOU  
DOING \_\_\_\_\_.**

**THE WORLD NEEDS WAY MORE  
\_\_\_\_\_ AND A WHOLE LOT  
MORE OF YOU."**

Day 17



**KIND**  
A JOURNAL

30 DAYS | DAY 17

**"TELL ME WHO YOU WALK WITH, AND I'LL TELL YOU WHO YOU ARE."  
-ESMERALDA SANTIAGO**

1 PERSON | A PERSON YOU ADMIRE

Who Are They? \_\_\_\_\_

Why Do They Deserve Kindness? \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

10 MINUTES | PUT KINDNESS INTO ACTION

Send this person a text or a call that sounds something like this: "There is so much negativity in the world, but you have always been \_\_\_\_\_. I admire you so much for your \_\_\_\_\_ and am constantly inspired when I think of you doing \_\_\_\_\_. The world needs way more \_\_\_\_\_ and a whole lot more You."



**DID YOU DO IT?** ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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10 MINUTES

**DRAW A PICTURE ON  
A SMALL PIECE OF PAPER  
THAT REPRESENTS  
A FUNNY MEMORY YOU HAVE  
WITH THIS PERSON.  
TEXT IT OR POST IT ONLINE  
SO THEY CAN SEE AND  
*you can reminisce on the moment*  
AND/OR HOW **BAD** OF A  
DRAWER YOU ARE.**

Day 18



30 DAYS | DAY 18

"THE WORLD IS FULL OF MAGICAL THINGS PATIENTLY  
WAITING FOR OUR WITS TO GROW SHARPER."

-BERTRAND RUSSELL

1 PERSON | A PERSON THAT MAKES YOU LAUGH

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Draw a picture on a small piece of paper that represents a funny memory you have with this person. Text it or post it online so they can see and you can reminisce on the moment and/or how bad of a drawer you are.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

TRY SOMETHING NEW  
TODAY BASED ON THIS

PERSON'S INSPIRATION

DO IT FOR 10 MINUTES,  
TAKE A PICTURE OR VIDEO  
OR JOURNAL ABOUT

— *your experience* —

AND (IF POSSIBLE)  
SHARE WITH THIS PERSON

ABOUT HOW THEIR LIFE HAS  
INSPIRED YOU TO MAKE YOUR  
LIFE THAT MUCH BETTER.

Day 19



KIND  
A JOURNAL

30 DAYS | DAY 19

"JUST DON'T GIVE UP TRYING TO DO WHAT YOU REALLY WANT TO DO. WHERE THERE IS LOVE AND INSPIRATION, I DON'T THINK YOU CAN GO WRONG."

-ELLA FITZGERALD

1 PERSON | A PERSON THAT INSPIRES YOU

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Try something new today based on this person's inspiration. Do it for 10 minutes, take a picture or video or journal about your experience, and (if possible) share with this person about how their life has inspired you to make your life that much better.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness



10 MINUTES

SEND THIS PERSON A  
TEXT OR A CALL THAT SOUNDS  
SOMETHING LIKE THIS:

**"I KNOW WE DIFFER IN OUR  
PERSPECTIVE OF \_\_\_\_\_,  
BUT I DO APPRECIATE HOW \_\_\_\_\_  
CHALLENGES ME TO \_\_\_\_\_."**

Day 20



30 DAYS | DAY 20

"WHEN YOU STOP EXPECTING PEOPLE TO BE PERFECT,  
YOU CAN LIKE THEM FOR WHO THEY ARE."  
-DONALD MILLER

1 PERSON | A PERSON YOU DISAGREE WITH

Who Are They? \_\_\_\_\_

Why Do They Deserve Kindness? \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

10 MINUTES | PUT KINDNESS INTO ACTION

Send this person a text or a call that sounds something like this: "I know we differ in our perspective of \_\_\_\_\_, but I do appreciate how \_\_\_\_\_ challenges me to \_\_\_\_\_."



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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10 MINUTES

## GIVE THIS PERSON A CALL AND LET THEM KNOW THESE 3 THINGS:

1. WHY YOUR LIFE HAS BEEN MADE  
**BETTER** BECAUSE OF THEM
2. WHAT YOU'VE **LEARNED** FROM  
BEING AROUND THEM
3. HOW YOU WILL CONTINUE TO  
**IMPROVE** BECAUSE OF THEIR  
INCREDIBLE-NESS

Day 21



30 DAYS | DAY 21

"MY FATHER DIDN'T TELL ME HOW TO LIVE;  
HE LIVED AND LET ME WATCH HIM DO IT."

-ANONYMOUS

1 PERSON | A ROLEMODEL YOU KNOW PERSONALLY

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Give this person a call and let them know these 3 things: 1) Why your life has been made better because of them, 2) What you've learned from being around them, and 3) How you will continue to improve because of their incredible-ness.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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10 MINUTES

**WRITE OUT 3 THINGS YOU  
MOST ADMIRE ABOUT THIS PERSON.  
BELOW EACH THING, WRITE  
HOW YOU WILL CHOOSE TO  
PRACTICE THIS THING OR LIVE  
IT OUT IN YOUR OWN LIFE.**

**SHARE ABOUT THIS PERSON WITH  
ONE OTHER FRIEND SO THEY CAN BE  
INSPIRED, TOO!**

Day 22



30 DAYS | DAY 22

"WHEN YOU SEE A ROLE MODEL, WHAT YOU SEE IS A PERSON  
WHO HAS THE COURAGE TO BE WHO YOU WISH YOU COULD BE.  
STOP WISHING AND JUST BE."

-ANONYMOUS

1 PERSON | A ROLEMODEL YOU'VE NEVER MET

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Write out the 3 things you most admire about this person. Below each thing, write how you will choose to practice this thing or live it out in your own life. Share about this person with one other friend so they can be inspired, too!



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

30 Days

10 MINUTES

## CREATE AN I.O.U. CARD

*for a neighbor you know*

## THAT HAS

- ♥ YOUR NAME
- ♥ A WAY TO CONTACT YOU
- ♥ A SILLY OFFER THAT SAYS YOU'D BE UP FOR GIVING YOUR TIME TO HELP WITH

## MAYBE IT'S TO WATCH THEIR DOG, PLUCK SOME WEEDS,

*or*

BRING OVER SOME EXTRA MILK WHEN THEY'VE POURED CEREAL AND REALIZED THEY WERE OUT.

Day 23



**KIND**  
A JOURNAL

30 DAYS | DAY 23

"ALL HUMAN BEINGS ARE MY NEIGHBORS. WE SHARE THE SAME PLANET."  
-ANA MONNAR

1 PERSON | A NEIGHBOR

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Create an I.O.U. card for a neighbor you know that has your name, a way to contact you, and a silly offer that says you'd be up for giving your time to help with. Maybe it's to watch their dog, pluck some weeds, or bring over some extra milk when they've poured cereal and realized they were out.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

FIND YOUR LOCAL  
POLICE OR FIRE DEPARTMENT  
TWITTER OR FACEBOOK AND  
*tag them*  
IN A GRATITUDE POST.

Day 24



30 DAYS | DAY 24

"PUBLIC SERVICE IS ABOUT SERVING ALL THE PEOPLE,  
INCLUDING THE ONES WHO ARE NOT LIKE YOU."

-CONSTANCE WU

1 PERSON | PUBLIC SERVANT

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Find your local police or fire department twitter or facebook and tag them in a gratitude post.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

WRITE A SHORT,  
ANONYMOUS **POEM** ABOUT  
WHY THE WORLD IS  
BEAUTIFUL AND WHY

**EVERYONE DESERVES KINDNESS**

AND POST IT IN  
A PUBLIC SPACE.

Day 25



**KIND**  
A JOURNAL

30 DAYS | DAY 25

"A STRANGER IS SIMPLY A FRIEND YOU HAVE NOT MET YET."  
-YES THEORY

1 PERSON | **STRANGER**

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | **PUT KINDNESS INTO ACTION**

Write a short, anonymous poem about why the world is beautiful and why everyone deserves kindness and post it in a public space.



**DID YOU DO IT?** ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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CharacterStrong

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@careacter

#DeepKindness



30 Days

10 MINUTES

**SEND A MESSAGE OR POST  
ONLINE FOR SOMEONE WHO  
WORKS IN HEALTHCARE THAT  
SOUNDS LIKE THIS:**

**"I KNOW THERE ARE DAYS WHERE  
YOU FEEL EXHAUSTED AND THAT THIS  
WORK IS REALLY HARD.**

**I JUST WANT TO REMIND YOU THAT  
YOU ARE \_\_\_\_\_ AND THAT YOU BRING  
\_\_\_\_\_ TO PEOPLE EVERY DAY.**

**YOU ARE A HERO TO ME BECUASE \_\_\_\_\_."**

Day 26



**KIND**  
A JOURNAL

30 DAYS | DAY 26

**"YOU TREAT A DISEASE, YOU WIN, YOU LOSE. YOU TREAT A PERSON, I  
GUARANTEE YOU, YOU'LL WIN, NO MATTER WHAT THE OUTCOME."**

**-PATCH ADAMS**

**1 PERSON | SOMEONE WHO WORKS IN HEALTHCARE**

Who Are They? \_\_\_\_\_

Why Do They Deserve Kindness? \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

**10 MINUTES | PUT KINDNESS INTO ACTION**

Send a message or post online for someone who works in healthcare that sounds like this: "I know there are days where you feel exhausted and that this work is really hard. I just want to remind you that you are \_\_\_\_\_ and that you bring \_\_\_\_\_ to people every day. You are a hero to me because \_\_\_\_\_."



**DID YOU DO IT? ☐ YES! ☐ NOT YET**

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

WRITE A POST ON SOCIAL  
MEDIA ABOUT THIS PERSON  
AND PRETEND IT IS  
NATIONAL \_\_\_\_\_ DAY  
*(Uncle, Second Cousin, Great Grandma).*  
SHARE WHY YOU'RE PROUD  
TO HAVE THIS PERSON AS A  
PART OF YOUR FAMILY.

Day 27



30 DAYS | DAY 27

"MANY MEN CAN MAKE A FORTUNE BUT VERY FEW CAN BUILD A FAMILY."  
-J.S. BRYAN

1 PERSON | FAMILY

Who Are They? \_\_\_\_\_

Why Do They Deserve Kindness? \_\_\_\_\_

What's Your Favorite Thing About This Person? \_\_\_\_\_

10 MINUTES | PUT KINDNESS INTO ACTION

Write a post on social media about this person and pretend it is National \_\_\_\_\_ Day (Uncle, Second Cousin, Great Grandma). Share why you're proud to have this person as a part of your family.



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

30 Days

10 MINUTES

SEND THIS PERSON  
5-7 PICTURES OF ALL

YOUR WORST FACE ANGLES

WITH A CAPTION LIKE,

**"YOU'RE THE ONLY PERSON IN  
THE WORLD I WOULD TRUST  
TO SEND THESE TO.**

**THANKS FOR LOVING ME  
FROM ALL ANGLES."**

Day 28



KIND  
A JOURNAL

30 DAYS | DAY 28

"I'M CONVINCED THAT PROBABLY EVERYONE YOU MEET IS FIGHTING  
A BATTLE YOU KNOW NOTHING ABOUT. IT'S JUST ONE MORE REASON  
TO ALWAYS TRY TO BE KIND."

-YOLANDA HADID

1 PERSON | BEST FRIEND

Who Are They? .....

Why Do They Deserve Kindness? .....

What's Your Favorite Thing About This Person? .....

10 MINUTES | PUT KINDNESS INTO ACTION

Send this person 5-7 pictures of all your worst face angles with a caption  
like, "You're the only person in the world I would trust to send these to.  
Thanks for loving me from all angles."



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

**SPEND 10 MINUTES  
DISCONNECTED AND IN SILENCE.**

— *close your eyes.* —

**& PICTURE YOUR FAVORITE  
MOMENTS FROM THIS PAST  
MONTH RELATED TO KINDNESS.**

**HOLD EACH MOMENT IN GRATITUDE.**

**BREATH DEEPLY AND SAY,**

— *out loud* —

**“I’VE DONE GOOD FOR MYSELF,  
FOR MY FRIENDS, FOR MY FAMILY,  
AND FOR THE WORLD.”**

Day 29



**KIND**  
A JOURNAL

30 DAYS | DAY 29

“FOR BEAUTIFUL EYES, LOOK FOR THE GOOD IN OTHERS; FOR BEAUTIFUL LIPS, SPEAK ONLY WORDS OF KINDNESS; AND FOR POISE, WALK WITH THE KNOWLEDGE THAT YOU ARE NEVER ALONE.”

—AUDREY HEPBURN

1 PERSON | YOURSELF

Why Do You Deserve Kindness Today?:

10 MINUTES | PUT KINDNESS INTO ACTION

Spend 10 minutes disconnected and in silence. Close your eyes and picture your favorite moments from this past month related to Kindness. Hold each moment in gratitude. Breath deeply and say, out loud, “I’ve done good for myself, for my friends, for my family, and for the world.”



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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30 Days

10 MINUTES

FILM A VIDEO OF YOURSELF

*(or write a post).*

REMINISCING ABOUT THIS

PAST MONTH AND THE

THINGS YOU'VE LEARNED,

THE PEOPLE YOU'VE MADE

SMILE, AND THE MOST

POWERFUL MOMENTS OF KINDNESS

YOU HAVE SHARED WITH  
YOURSELF AND OTHERS.

SHARE THIS FOR OTHERS TO SEE  
AND BE INSPIRED!

*(Or just keep it to yourself and have it for a  
rainy, tough day to reinspire you).*

Day 30



KIND  
A JOURNAL

30 DAYS | DAY 30

"TO BE NOBODY BUT YOURSELF IN A WORLD WHICH IS DOING ITS BEST  
DAY AND NIGHT TO MAKE YOU LIKE EVERYBODY ELSE MEANS TO  
FIGHT THE HARDEST BATTLE WHICH ANY HUMAN BEING CAN FIGHT  
AND NEVER STOP FIGHTING."

-E.E. CUMMINGS

1 PERSON | YOURSELF

Why Do You Deserve Kindness Today?:

10 MINUTES | PUT KINDNESS INTO ACTION

Film a video of yourself (or write a post) reminiscing about this past month and the things you've learned, the people you've made smile, and the most powerful moments of Kindness you have shared with yourself and others. Share this for others to see and be inspired! (Or, just keep it to yourself and have it for a rainy, tough day to reinspire you).



DID YOU DO IT? ☐ YES! ☐ NOT YET

If yes, what did you learn? If not yet, what got in the way?

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#DeepKindness

# START YOUR JOURNEY TO CULTIVATING DEEP KINDNESS WITH 10 MINUTES A DAY FOR 30 DAYS.

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*Kind: A Journal* is a project from *Deep Kindness* author Houston Kraft and CharacterStrong that will help you jump start your *Deep Kindness* practice with helpful prompts, inspiring quotes, and writing pages to encourage the exercise of compassion.

For those who believe in a kinder world and believe that our everyday actions matter, this journal (paired with the teachings in *Deep Kindness*), can help transform intentions into action.

LEARN MORE AT  
[DEEPKINDNESSJOURNAL.COM](https://DEEPKINDNESSJOURNAL.COM)

